

# Hip To Be Square

拍數: 44      牆數: 2      級數: Improver social cha  
編舞者: Unknown  
音樂: I'm Not Running Anymore - John Mellencamp



## ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2            (Weight starts on left foot) rock right forward, recover left  
3&4            Right shuffle back (right-left-right)  
5-6            Rock left back, recover right  
7&8            Left shuffle forward (left-right-left)

## SHUFFLE SQUARE

1&2            Right side shuffle (right-left-right)  
3&4            ¼ turn left on ball of right foot to face 9:00, then side shuffle (left-right-left)  
5&6            ¼ turn left on ball of left foot to face 6:00, then side shuffle (right-left-right)  
7&8            ¼ turn left on ball of right foot to face 3:00, then side shuffle (left-right-left)

## CROSS ROCK, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE ½ TURN

1-2            Cross rock right foot ¼ turn left over left foot so you face starting wall (12:00), recover left  
3&4            Shuffle ½ turn right (right-left-right) (now facing 6:00)  
5-6            Left rock forward, recover right  
7&8            Shuffle ½ turn left (left-right-left) now back to starting wall (12:00)

## ½ PIVOT, RUN FORWARD, JUMP FORWARD, CLAP, JUMP BACK, CLAP

1-2            Right step forward, pivot ½ turn left (weight now on left and facing 6:00)  
3&4            Run forward, small steps (right-left-right)  
&5-6            Jump forward on left foot, touch right foot next to left foot, clap  
&7-8            Jump back on right foot, step left foot next to right foot, clap

## HANDS ON HIPS, HIP BUMPS

1-2            Slap right hand on right hip, slap left hand on left hip  
3-4            Bump hips twice to the left, weight is should now be on left foot and take hands off of hips

## MONTEREY TURNS

1-2            Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot  
3-4            Point left toe to left side, step left foot beside right foot  
5-6            Point right toe to right side, ½ turn to the right on ball of left foot as you bring right foot in and step right foot next to left foot  
7-8            Point left toe to left side, step left foot beside right foot

## REPEAT

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